



CHILDREN NEED TO SLEEP WELL TO DO WELL

- “Sleepiness” is a pervasive problem in the United States
- Significant numbers of children are “sleepy”
- Children need at least 9 hours of sleep each night
- Adequate sleep is essential for optimum performance, health, injury prevention, and behavior/mood stability



WHAT THE SCIENCE TELLS US

- Sleep is important to health—like proper diet and adequate exercise
- Sleep is a mandatory, cyclical process
- Internal, biological clock drives the sleep/wake cycle



WHAT THE SCIENCE TELLS US

- Sleep is a complex, critical function
- Sleep is important for consolidating information for learning
- Sleep deprivation has major consequences



SLEEP DEPRIVATION

- Inadequate sleep can cause:



- > Performance
- > Concentration
- > Reaction Times
- > Consolidation of Information for Learning



SLEEP DEPRIVATION

- Inadequate sleep can cause:



- > Accidents and Injury
- > Lapses in Memory
- > Behavior Problems
- > Lability in Mood



SLEEP DISORDERS

- Sleep disorders affect more than 70 million Americans, including children
- If your child snores, or stops breathing during sleep, talk to your pediatrician
- If you think your child has a sleep disorder or problems with sleeping at night or staying awake during the day, talk to your pediatrician

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SLEEP WELL. DO WELL. STAR SLEEPER CAMPAIGN

- Our school, and others throughout the country are participating
- National Association of Elementary School Principals is a national partner
- Garfield the Cat is the official "spokescat"
- Reaching children ages 7-11



SLEEP WELL. DO WELL. STAR SLEEPER CAMPAIGN

- Message
- Adequate sleep (at least 9 hours each night) can help you do your best—at school, sports, other activities, and relationships

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SLEEP WELL. DO WELL. STAR SLEEPER CAMPAIGN

- What our school will be doing
- What your children need to do at home



SCHOOL ACTIVITIES/RESOURCES

- Fun Pad
- Plush Doll
- Contest Materials
- Web Site
- Classroom Poster
- Other

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GARFIELD STAR SLEEPER FUN PAD



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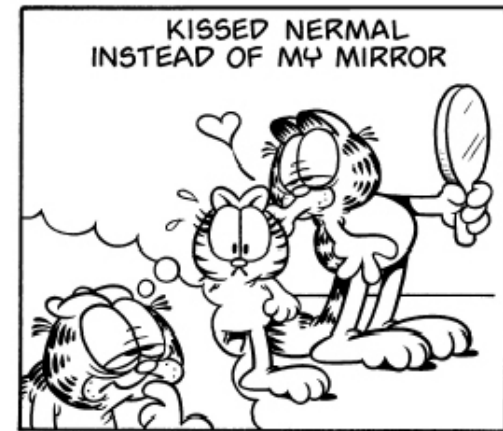


GARFIELD STAR SLEEPER DOLL





CONTEST MATERIALS



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STAR SLEEPER WEB SITE

The screenshot shows a web browser window titled 'Star Sleeper Homepage'. The address bar shows 'http://star.sleep.nhlbi.nih.gov'. The page features the 'star sleeper' logo and the text 'National Institutes of Health National Heart, Lung, and Blood Institute'. The main content area is divided into sections for 'Star Sleeper for Kids mission Z', a 'Contest!', and a 'Welcome to the Garfield Star Sleeper Web Site!' message. The 'mission Z' section includes a challenge for Garfield and links to 'Solve the mystery' and 'Play other games'. The 'Contest!' section is titled 'How I Get a Heap of Sleep' and includes a 'GRAND PRIZE' button. The 'Welcome' section mentions the 'National Center on Sleep Disorders Research'. A sidebar on the right lists links for 'For Kids', 'For Teachers', 'For Parents', 'For Pediatricians', 'About the Star Sleeper Campaign', 'Star Sleeper Gear', 'Press Room', and 'Campaign Partners'. The footer contains copyright information and a feedback link.

Star Sleeper Homepage

Back Forward Stop Refresh Home AutoFill Print Mail

Address: <http://star.sleep.nhlbi.nih.gov> go

Screen Reader Version

star sleeper National Institutes of Health National Heart, Lung, and Blood Institute

+ Star Sleeper for Kids

mission Z

Garfield needs your help! The world's been robbed of sleep. Your challenge is this: solve Mission Z and tuck the world in for a good night's rest!

> [Solve the mystery](#)

> [Play other games](#)

JOIN MISSION Z NOW!

GARFIELD "I need your help!"

Contest! ENTER NOW

"How I Get a Heap of Sleep"

GRAND PRIZE

Welcome to the Garfield Star Sleeper Web Site!

Garfield and the [National Center on Sleep Disorders Research](#) have teamed up to bring you information on sleep and how it helps kids do their best at whatever they do.

Sleep Well. Do Well.

[Star Sleeper Home](#) | [For Kids: Mission Z](#) | [For Teachers](#) | [For Parents](#) | [For Pediatricians](#)
[About the Star Sleeper Campaign](#) | [Star Sleeper Gear](#) | [Press Room](#)
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[Star Sleeper Home \(Screen Reader Version\)](#)

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Please send us your feedback, comments, and questions by using the appropriate link on the page, [Contact the NHLBI](#).

Note to users of screen readers and other assistive technologies: Please report problems [here](#).

Local machine zone



WHAT YOU CAN DO AT HOME

- Complete sleep diary together with child
- Help your child get 9 hours sleep/night
- Model good sleep habits
- Strive for balance/avoid overscheduling
- Help your family give priority to adequate sleep



TIPS TO HELP YOUR CHILD GET ADEQUATE SLEEP

- TIP #1: Set a regular time for bed and stick to it.
- TIP #2: Have a relaxing bedtime routine.
- TIP #3: Avoid heavy exercise close to bedtime.
- TIP #4: Avoid eating a big meal close to bedtime.



TIPS TO HELP YOUR CHILD GET ADEQUATE SLEEP

- TIP #5: Avoid caffeine within 6 hours of bedtime.
- TIP #6: Keep temperature in room comfortable—not too warm.
- TIP #7: Darken the bedroom; a small nightlight is okay.
- TIP #8: Keep noise level low.



TIPS TO HELP YOUR CHILD GET ADEQUATE SLEEP

- TIP #9: Be alert for symptoms of sleepiness.
- TIP #10: Have your child keep a sleep diary.
- TIP #11: Teach your child the importance of sleep.



TALK TO YOUR CHILD'S TEACHER AND PEDIATRICIAN

- If Your Child Continues to:
 - Have difficulties focusing on classwork, concentrating on homework, or has behavioral problems
 - Have difficulty sleeping, or snores, or stops breathing during sleep
 - Have excessive sleepiness during the day

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TOGETHER WE CAN HELP
OUR CHILDREN SLEEP WELL
AND DO WELL

And if they don't believe us,
let Garfield show them!